

The Wellstreet Journal

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Wellness Center and Positive Health Directions

Don't pick up your co-worker's phone ...

...if she or he has a respiratory illness.

Respiratory illnesses are one of the major reasons for absenteeism, according to a study conducted by the Wellness Councils of America. How are respiratory illnesses transmitted? One way is airborne, from a cough or sneeze. Shaking hands with someone who is ill, then touching your nose or eyes is another route. A third mode is handling phones, keyboards or other office equipment.

"Virus and bacteria can live on surfaces such as copiers and phones for hours or days," according to Thomas Quinn, MD, of the Johns Hopkins Medical School of Medicine.

Protect yourself and your co-workers:

1. Stay home from work if you're really sick. Working at home may be an option for some people.
2. Avoid touching your nose or eyes, especially when around people with respiratory illnesses.
3. Be cautious with shared office equipment. Use a disinfectant on work surfaces and phones.
4. Practice good hand washing technique.



There's really no mystery to making your own biscotti. The shape is great for gift-giving -- just wrap several pieces in plastic wrap and tie up with a ribbon. Crushed anise seeds in this recipe are perfect for a New Mexican holiday!

Anise Biscotti

Combine 2 cups flour, 1 cup sugar, 1 Tbsp crushed anise seeds, 1 tsp. Baking powder, 1/2 tsp baking soda and 1/4 tsp salt. In another bowl, mix together 2 large eggs + 2 egg whites, 1 Tbsp grated lemon zest and 1 Tbsp lemon juice; add to the dry ingredients and mix well.

On a floured board, shape the dough into 2 logs, each about 1 1/2 inches thick and 14 inches long. Transfer to a lightly greased baking sheet and bake at 325 degrees for 20-25 minutes, or until firm to the touch. Remove from the oven to cooling racks, and reduce oven temperature to 300 degrees.

Cut the logs diagonally into 1/2 inch thick slices. Stand the slices upright on baking sheets and bake for and additional 35-40 minutes. Let cool before storing.



Makes about 4 dozen biscotti. Each biscotti contains about 40 calories, 1 g protein, 0 g fat, 8 g carbohydrate, 31 mg sodium, 9 mg cholesterol

Stress Buster

Have a heart-to-heart talk with yourself and your family about what really makes the holidays special. Prioritize the list and check it twice - throw out the naughties and keep just the nice!

In the class, *'Tis the Season to be ... Unstressed*, Amy Anderson of the Employee Assistance Program offered these additional tips for a meaningful holiday season:

- * Practice deep, abdominal breathing as a mini-relaxation technique for stress.
- * Get outdoors. Exercise and natural daylight can both help manage "seasonal affective disorder".
- * Here's a gift idea to yourself: the little book, *Kicking Your Holiday Stress Habits*, by Tubesing & Tubesing, Pfeifer-Hamilton Publishers, 218/727-0500.

Health Happenings

- ☑ January 18-24 is Healthy Weight Week. Watch for more information after the holiday break about promoting and observing this annual event.
- ☑ Registration for Wellness Center classes begins December 15 for the Winter Quarter. *New classes* include Stretch and Relax (4:30-5:20 PM, M & F) and Line Dancing (11:10-11:40 AM, Tu & Th). Popular returning classes include Fitness Boxing (7:00-7:45 AM, M & W); African Dance (12:05-1:00 PM, F); and Total Muscle Conditioning Circuit/Level III (6:30-7:30 PM, M & Th -and- 1:05-2:00 PM, Tu). Registration forms and class brochures are available at the Wellness Center, Otowi lobby or online.

Nominations for Healthy Living

Last issue we encouraged employees to nominate fellow workers who have made notable healthy lifestyle changes, or who has been instrumental in motivating others. We received many responses and have listed the top three below.

Nomination from Barbara Vigil, BUS-8

I nominate Lorraine (Rae) Garvey, BUS-2, Financial Analyst, as someone one who has made a NOTABLE healthy lifestyle change. She has earned it. Three Springs ago, 1994, we starting walking to lose weight. We walked together for ~ a year to a year and a half. She continued - she lost AND KEPT OFF about 35 pounds. She changed her eating habits and KEPT THEM. The result:

Weight Loss
Reduced Stress
Reduced Cholesterol & Blood Pressure
Changed lifestyle to a healthy lifestyle

The point to be made here is continuity. To be able to adopt a lifestyle and continue with it is to be successful at it!

Nomination from Alexine Salazar, TSA-3

I would like to highly commend a fellow group member, Tom Farish, for his healthy life-style change. In changing his eating and exercise habits, Tom has lost weight, increased his stamina, is cheerier, and, I think, happier than he was when he started about a year ago. Tom is an exemplary example to all of us struggling to loose weight and keep it off!

Nomination from Adelaide Collins, ESH-14

I would like to nominate Joe Zowin, CIC-13, for the Healthy Lifestyle award. He was diagnosed with high blood pressure last year. He wasn't successful bringing it down with regular methods (medication) so he changed his life. Stopped eating any processed foods and started exercising. He now looks great and has his blood pressure under control.

* * * * *

Please send your nominations with a brief script to wsj@lanl.gov

Positive Health Directions - Update

The health promotion program, Positive Health Directions, is being implemented at LANL. A update on all three of the program components is listed below.

TAKE CARE OF YOURSELF

- Over half of the LANL employees have received the reference text "Take Care of Yourself". Books are being distributed following a brief program presentation at Group and Division meetings. Please contact your Group Health Promotion Representative or Jessica Kisiel (5-4368) to schedule a presentation.
- Retirees in Los Alamos, Albuquerque, Espanola, and Santa Fe received "Take Care of Yourself" (TCOY) and "Living Well" the senior sequel to TCOY at the Annuitant Fairs in November.

HEALTH CONNECTION

- The Health Connection Pilot will continue through the end of December 1997. This nurse triage phone line will be available to all LANL employees enrolled in one of the UC medical plans beginning the first quarter of 1998.

HEALTH CHECK

- The Health Risk Assessment is being piloted at the Occupational Medicine Clinic and the Wellness Center. This service should be available to all LANL employees in early 1998.



Happy Holidays

and we'll see you in the

New Year !!!



The Wellstreet Journal is a quarterly publication of Positive Health Directions (HR-1) and the Wellness Center (ESH-2). Comments can be sent to wsj@lanl.gov or Marta Gentry Munger 667-7166 or Jessica Kisiel 665-4368.
Positive Health Directions
http://www.hr.lanl.gov/html/positive_health/
Wellness Center <http://drambuie.lanl.gov/~wellness>